

# Create a Healthy Balance

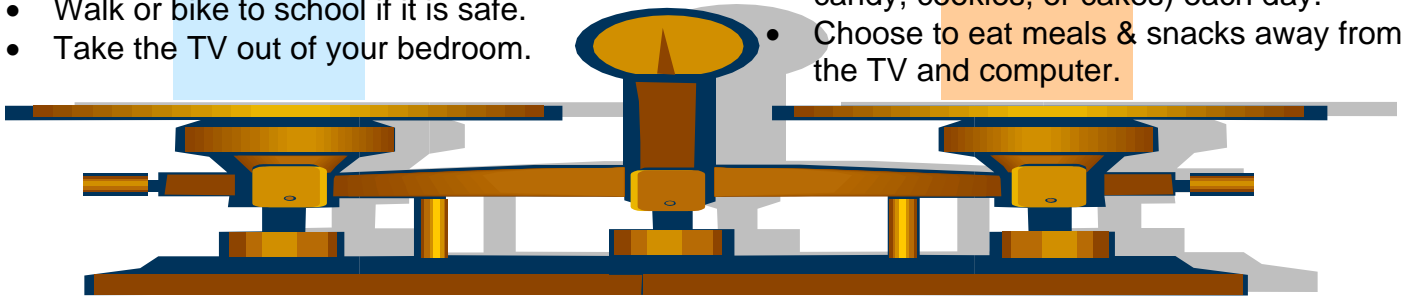


## Move More

- Limit screen time (TV, computer and video games) to less than 2 hours per day.
- Get at least 60 minutes of physical activity each day. Activities should make your heart beat faster and breathing heavier.
- Play outdoors.
- Sign up for PE!
- Be active with a friend!
- Join a sports team at school or in your community.
- Walk or bike to school if it is safe.
- Take the TV out of your bedroom.

## Eat Better

- Eat more fruits and vegetables!
  - Pack them for a snack.
- Limit 100% fruit juice to ½ cup per day. Eat the whole fruit instead.
- Drink water when thirsty.
- Drink 1% or skim/non-fat milk for strong bones.
- Drink less sugary beverages like sodas and fruit drinks (lemonade, fruit punch, Kool-Aid).
- Choose whole grain breads, cereals, and pasta. Look for the word “whole” in the ingredients.
- Eat fast food less often. When eating out, avoid sauces, heavy dressings, and fried foods.
- Only eat 1 sugary or salty snack (chips, candy, cookies, or cakes) each day.
- Choose to eat meals & snacks away from the TV and computer.



### Healthy Weight

“The weight a person naturally attains when making healthy food choices and engaging in reasonable amounts of daily physical activity.”

-Frances Berg

#### Healthy Weight IS NOT

- A certain number
- Starving yourself
- Taking diet pills or laxatives
- Throwing up
- Being on a “diet”

#### Healthy Weight IS

- Being active
- Eating when you are hungry, stopping when you are full
- Filling your body with healthy choices
- A lifestyle

